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Due to continual improvements in design or otherwise,
the product you purchase may differ slightly from the
one illustrated in this booklet.

Model BSC100 Issue 1/07



Breville

Avance Meal Maker 3

Instructions

Includes recipes

BSC100



Inspiration. Every day.™

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Congratulations

on the purchase of your new Breville Avance Meal Maker 3

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions :

Important safeguards for your Breville Avance Meal Maker 3

- Carefully read all instructions and save for future reference.
- Remove any packaging material and promotional labels before using the Avance Meal Maker 3 for the first time.
- Do not place the Avance Meal Maker 3 near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, etc.
- Do not place the Avance Meal Maker 3 on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Avance Meal Maker 3 well away from walls.
- Do not use on metal surfaces, for example, a sink drain board.
- Always ensure the Avance Meal Maker 3 is properly assembled before connecting to the power outlet and operating.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Do not touch hot surfaces. Allow the Avance Meal Maker 3 to cool completely before moving or cleaning any parts.
- Always switch the appliance to 'Off', switch the power off at the power outlet and remove the plug when the appliance is not being used and before cleaning and storing.
- Keep the appliance and accessories clean. Follow the cleaning instructions provided in this book.

Special safety instructions

- Use handles to move the Avance Meal Maker 3 and pot holders or oven mitts to remove the removable cooking bowl.
- Never plug in or switch on the Avance Meal Maker 3 without having the removable crockery bowl placed inside the stainless steel housing.
- Do not place food or liquid into stainless steel housing. Only the removable crockery bowl is designed to contain food or liquid.
- Lift and remove the glass lid carefully and angled away for yourself to avoid scalding from escaping steam. Do not allow water from the lid to drip into the stainless steel housing, only into the removable crockery bowl.
- Ensure the removable crockery bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full of food and/or liquid before switching the appliance on.
- The removable crockery bowl is not suitable for storing food in the freezer.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot.
- Do not use a damaged or cracked removable crockery bowl. Replace before using.
- After use, ensure that the temperature control dial is set to the OFF position.
- Allow all parts to cool before disassembling for cleaning.

Important safeguards for all electrical appliances

- Unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or appliance in water or any other liquid.
- Do not let the cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- Young children should be supervised to ensure they do not play with the appliance.
- The appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorized Breville Service Centre.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Tempered glass lid

allows the food to be monitored during cooking

Removable crockery bowl

with 3 litre capacity

Stainless steel housing

Power 'On' light

Cool touch handles

Soft touch temperature control dial

with Keep Warm, Low and High settings

Wrap around element

for even heating



Before first use

Before first use, remove all packaging material and promotional labels and wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.

Operating instructions

1. Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Ensure the food and/or liquid fills at least $\frac{1}{2}$ to $\frac{3}{4}$ of the removable crockery bowl. Place the glass lid into position.
3. With the temperature control dial turned to the Off position, plug the Avance Meal Maker 3 into a 230/240V power outlet and switch the power on at the power outlet.
4. Select the temperature control dial to the desired setting, or as recommended in the recipe section.
5. When cooking is complete, turn the temperature control dial to the Off position, switch off at the power outlet and then unplug.
6. Allow the Avance Meal Maker 3 to cool completely before cleaning and storing.

Important

- Always use the Avance Meal Maker 3 on a dry, level surface.
- Never operate without food and liquid in the removable crockery bowl.
- Never operate without the removable crockery bowl positioned in the stainless steel housing.
- Always have the glass lid firmly in position on the removable crockery bowl throughout the operation of the appliance unless where stated in a recipe to have it removed.
- Always use dry pot holders or oven mitts when removing the removable crockery bowl when hot.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.



ALWAYS LIFT AND REMOVE THE GLASS LID CAREFULLY AND ANGLED AWAY FROM YOURSELF TO AVOID SCALDING FROM ESCAPING STEAM.

Keep Warm setting

The Keep Warm setting is used to keep cooked foods at serving temperature. It is not a cooking setting and should only be used after first cooking on the Low or High setting. It is not recommended to keep food on the Keep Warm setting for more than 4 hours.

Low setting

The Low setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting.

High setting

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low setting. Some foods may boil when cooked on the High setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

In years gone by, food cooked in large pots and allowed to simmer for hours was full of flavour, moist and tender. The Breville Avance Meal Maker 3 is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Avance Meal Maker 3:

It's all in the timing

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Avance Meal Maker 3 particularly when using the Low setting.

Most of the recipes contained within this book can be cooked on the High or Low settings, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

Ensure the food and/or liquid in the recipes fills at least $\frac{1}{2}$ to $\frac{3}{4}$ of the removable crockery bowl.

High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the Avance Meal Maker 3

Note

Adapting cooking times

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

Traditional recipe time	Meal Maker recipe time
15-30 minutes	4-6 hours on low setting
60 minutes	6-8 hours on low setting
1-3 hours	8-12 hours on low setting

These times are approximate. Times can vary depending on ingredients and quantities in recipes.

Note

Adapting liquid amounts

When food is cooking in your Avance Meal Maker 3, most moisture is retained. To allow for this when using traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Avance Meal Maker 3 on the High setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

Stirring the food

Little or no stirring is required when using the Low setting placed in the centre of the removable crockery bowl. However, stirring the food when using the High setting ensures even flavour distribution.

Preparing meat and poultry

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in the fat melting and creating extra liquid.

Whole chickens may release a large amount of liquid and fat when using the slow cooking process.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable meat cuts for slow cooking	
Beef	Beef chuck, skirt, round steak, boneless shin (gravy) beef, bone-in shin (Osso Bucco)
Lamb	Lamb shanks, drumsticks (frenched shanks), neck chops, best neck chops, boned out forequarter or shoulder
Veal	Diced leg, shoulder/forequarter chops and steaks, neck chops, knuckle (Osso Bucco)
Pork	Leg steaks, diced belly, diced shoulder, boneless loin chops

Browning before slow cooking

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

Roasting

Roasting meats in the Avance Meal Maker 3 creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method. Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting. The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heatproof saucer or plate placed in the centre of the removable crockery bowl. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Suitable cuts for roasting	
Beef	Blade, rump, rib roast, sirloin, fresh silverside, topside.
Lamb	Leg, mid loin, rack, crown roast, shank, shoulder, mini roasts.
Veal	Leg, loin, rack, shoulder/forequarter.
Pork	Loin, neck, leg, (remove skin and fat), racks.

Pot roasting

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable crockery bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

Suitable cuts for pot roasting	
Beef	Beef topside, blade, silverside roasts, rolled brisket.
Lamb	Forequarter, shank, shoulder.
Veal	Shoulder/forequarter.
Pork	Loin, neck.

Preparing vegetables

Vegetables should be cut into small even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the Avance Meal Maker 3.

When cooking vegetables and meat together in the Avance Meal Maker 3, the vegetables can cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the Avance Meal Maker 3 and place the meat on top.

Preparing dried beans and pulses

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the removable crockery bowl and cover with sufficient water to reach double their volume. Cook beans on the High setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Meat and poultry require at least 6-7 hours of cooking on Low setting.
- Ensure that the food or liquid to be cooked fills at least $\frac{1}{2}$ to $\frac{3}{4}$ or more of the removable crockery bowl.
- On completion of cooking, if there is too much liquid, remove the lid, turn the temperature control dial to the High setting and cook for 35-40 minutes until the liquid reduces.

Do's

- Do ensure the removable crockery bowl is at room temperature when placing into the stainless steel housing prior to cooking.
- Do avoid extreme temperature changes to the removable crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use dry oven mitts when lifting the removable crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof placemat when serving from the removable crockery bowl at the table.

Don'ts

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Avance Meal Maker 3 without the removable crockery bowl in position.
- Do not place a hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

Never

- Place water or other liquids into the stainless steel housing of the Avance Meal Maker 3.
- Immerse the stainless steel housing, power cord or plug of the Avance Meal Maker 3 in water.
- Touch hot surfaces with bare hands.

- Before cleaning switch the temperature control dial to Off, switch off the Avance Meal Maker 3 at the power outlet and then unplug.
- Always allow the Avance Meal Maker 3 to cool before cleaning.
- To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20-30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.
- The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.
- The removable crockery bowl and glass lid are dishwasher safe, however care should be taken not to chip or crack the crockery bowl or lid.
- The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.

Storage

Ensure the Avance Meal Maker 3 is switched off, cooled and cleaned before storing. Store upright with removable crockery bowl and the lid in position. Do not store anything on top.



ENSURE REMOVABLE CROCKERY BOWL IS CORRECTLY POSITIONED IN THE STAINLESS STEEL HOUSING BEFORE YOU COMMENCE COOKING.



DO NOT IMMERSE STAINLESS STEEL HOUSING, POWER CORD OR PLUG IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

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Recipes

Measurements used are Australian Standard Metric Cups and Spoons.

Note

Creamy tomato and lentil soup

Serves 4-6

1½ tablespoons olive oil
 1 large Spanish onion, peeled and sliced
 2 garlic cloves, peeled and crushed
 1 teaspoon minced chilli
 3 cups / 750ml tomato puree
 3 cups / 750ml beef stock
 ¼ cup tomato paste
 3 teaspoons brown sugar
 ¾ cup / 150g red lentils
 1 cup / 250ml cream
 2 tablespoons sun-dried tomato pesto

1. Heat oil in a non-stick pan. Cook onion over a medium heat until golden brown. Add garlic and chilli and cook for 1 minute.
2. Place onion mixture into the removable crockery bowl. Stir in tomato puree, stock, tomato paste, brown sugar and lentils.
3. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours.
4. Stir in cream ½ hour before end of cooking. Replace lid and continue cooking.
5. Ladle soup into serving bowls and top each serve with 2 teaspoons of sundried tomato pesto.

Serve hot with crusty bread.

Char-grilled capsicum and gnocchi soup

Serves 4-6

2 red capsicums, trimmed and quartered
 1 medium yellow capsicum, trimmed and quartered
 ½ cup / 125ml water
 1 tablespoon olive oil
 500g chicken tenderloins, cut into 3cm pieces
 1 onion, peeled and chopped
 2 garlic cloves, peeled and crushed
 1 tablespoon paprika
 1 teaspoon caraway seeds
 1½ teaspoons cracked black pepper
 2 tablespoons tomato paste
 6 cups / 1½ litres chicken stock
 250g pre-packaged gnocchi
 Sour cream, to serve
 Chopped parsley, to serve

1. Place capsicum quarters, skin-side up under a hot grill until the skin blister. When cool, peel away the skin and discard. Process capsicum flesh and water in a food processor or blender until smooth.
2. Heat oil in a non-stick pan. Add chicken pieces and cook over a medium heat until golden brown. Place chicken into the removable crockery bowl.
3. Add onion to the pan, cook over a medium heat until soft. Stir in garlic, paprika, caraway seeds, pepper and tomato paste cook for 1 minute. Add capsicum mixture and stir until mixture is heated through.
4. Pour combined mixture and stock over chicken in the removable crockery bowl. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours.
5. Stir gnocchi into the soup for 15-20 minutes before end of cooking. Replace the lid and continue cooking until gnocchi has risen to the top of the soup.
6. Ladle soup into serving bowls and top each serve with sour cream and parsley if required.

Serve hot.

Cajun kumera with Monterey Jack cheese

Serves 4-6

1½ tablespoons oil
 4 bacon rashers, trimmed and chopped
 1 medium onion, peeled and sliced
 2 teaspoons Cajun seasoning
 ¼ teaspoon fennel seeds
 3 garlic cloves, peeled and crushed
 1kg kumera, peeled and cubed
 4 cups / 1 litre chicken stock
 1 cup / 220g canned red kidney beans, drained and rinsed
 Monterey Jack cheese, grated, to serve
 cream, to serve

1. Heat oil in a non-stick pan. Cook bacon and onion over a medium heat, until onion softens and is light golden brown. Add Cajun seasoning, fennel seeds and garlic, cook for 1 minute then remove from heat.
2. Place kumera into the removable crockery bowl. Top with bacon mixture and stock. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours.
3. One hour before the soup is required, stir or mash the kumera. Add the kidney beans. Replace lid and continue to cook.
4. Ladle soup into serving bowls. Top each serve with Monterey Jack cheese and sour cream if desired.

Serve hot.

Barley soup with sugared parsnips

Serves 4-6

150g pearl barley
 6 cups / 1½ litres chicken stock
 1 tablespoon oil
 1 medium onion, peeled and finely chopped
 2 garlic cloves, peeled and crushed
 1 medium carrot, peeled and sliced
 200g potatoes, peeled and chopped
 1 celery stick, sliced
 1 bay leaf, halved
 ⅓ cup / 80ml milk
 1 tablespoon / 20g butter
 2 parsnips, peeled and cubed
 ½ teaspoon brown sugar
 Fresh mint, chopped, salt and pepper, optional to serve

1. Place the barley with a third of the stock into the removable crockery bowl. Cover with lid and cook on High setting 1-1½ hours, or until just tender.
2. Heat oil in a non-stick pan. Add onion and garlic and cook over a medium heat until onion is soft.
3. Add onion mixture to the cooked barley in the removable crockery bowl, stir in remaining stock, carrot, potatoes, celery, bay leaf and milk. Cover with lid and cook on Low setting for 6-8 hours or High setting for 3-4 hours. Remove bay leaf before serving.
4. Just before serving, melt butter in a non-stick pan. Cook parsnip for 1 minute, stir in sugar and cook until parsnip is golden brown and tender.
5. Season soup with salt and pepper, ladle soup into serving bowls and top with parsnip. Sprinkle with mint if desired.

Serve hot.

Fiery three bean chowder

Serves 4-6

- 1** tablespoon peanut oil
- 1** medium onion, peeled and chopped
- 2** garlic cloves, peeled and crushed
- 1** small red chilli, finely chopped
- 3** teaspoons ground cumin
- 1** teaspoon ground coriander
- 2** tablespoons tomato paste
- 400g** canned tomatoes, chopped
- 2½ cups / 625ml** vegetable stock
- ¾ cup / 120g** canned diced capsicum, drained
- 1 cup / 200g** canned corn kernels, drained
- 1 cup / 220g** canned butter beans, drained and rinsed
- 1 cup / 220g** canned red kidney beans, drained and rinsed
- ⅓ cup / 75g** canned soya beans, drained and rinsed
- Sour cream, for serving**
- Grated Cheddar cheese, for serving**
- Chopped Jalapeno peppers, for serving**

1. Heat oil in a non-stick pan. Add onion and cook over a medium heat until soft. Stir in garlic, chillies, cumin and coriander, cook for 1-2 minutes or until fragrant. Add tomato paste and half the tomatoes. Stir, over a medium heat, until warmed.
2. Pour tomato mixture into the removable crockery bowl. Add remaining tomatoes, stock, capsicum, corn, butter beans, kidney beans and soya beans. Cover with lid and cook on Low setting for 6-8 hours or High setting for 3-4 hours.
3. Ladle soup into bowls. Top each serve with sour cream, cheese and Jalapeno peppers if required.

Serve hot.

Chicken Cacciatore

Serves 4

- 1** tablespoon olive oil
- 8** small chicken drumsticks (skin removed)
- 1** medium onion, peeled and sliced
- 2** garlic cloves, peeled and crushed
- 1½ cups / 400g** Italian style tomato cooking sauce
- 12** Kalamata olives, pitted
- ¼ cup / 60ml** white wine
- ½ cup / 125ml** chicken stock
- 60g** button mushrooms, quartered
- 1** tablespoon fresh basil leaves, chopped
- 2** teaspoons fresh rosemary, chopped
- 2** teaspoons sugar

1. Heat oil in a non-stick pan. Add chicken in batches, and cook over a medium heat until lightly browned. Place chicken into the removable crockery bowl.
2. Place onion and garlic into the non-stick pan and cook over a medium heat until onion is soft. Stir in tomato sauce, olives, wine, stock, mushrooms, basil, rosemary and sugar.
3. Pour combined mixture over the chicken in the removable crockery bowl. Cover with lid and cook on Low setting for 6-8 hours or High setting for 3-4 hours.
4. Serve hot accompanied with crusty bread, pasta and salad of your choice.

Chicken with rosemary, lemon and garlic

Serves 4-6

- 2** teaspoons olive oil
- 1** tablespoon / **20g** butter
- 1.5kg** chicken pieces, skin removed
- ½ cup / 125ml** white wine
- ¾ cup / 180ml** chicken stock
- 2** tablespoons lemon juice
- 1** teaspoon cracked black pepper
- 2** small red chillies, finely chopped
- 1** teaspoon grated lemon rind
- 3** garlic cloves, peeled and halved
- 1½** tablespoons fresh rosemary, chopped

1. Heat oil and butter in a non-stick pan. Cook chicken over a medium heat until golden brown.
2. Place chicken, wine, stock, lemon juice, pepper, chillies, lemon rind, garlic and rosemary into the removable crockery bowl. Cover with lid and cook on Low setting for 6-8 hours or High setting for 3-4 hours.
3. Serve hot accompanied with oven-roasted potatoes, pumpkin and kumera and steamed green beans.

Burmese chicken

Serves 4-6

1 tablespoon oil
1 medium onion, peeled and chopped
1½ tablespoons lemon grass, finely sliced
1 bay leaf
1 small red chilli, finely chopped
4 garlic cloves, peeled and crushed
3 teaspoons fresh ginger, peeled and grated
1½ teaspoons ground turmeric
¼ teaspoon ground cardamom
½ teaspoon ground cinnamon
¼ teaspoon ground cumin
¼ teaspoon ground coriander seeds
¼ teaspoon ground ginger
½ teaspoon salt
½ teaspoon cracked black pepper
1.5kg chicken breast fillets, halved
1 cup / 250ml chicken stock
Fresh coriander, chopped to serve

1. Heat oil in a non-stick pan. Add onion and cook over a medium heat until soft. Stir in lemon grass, bay leaf, chilli, garlic, ginger, turmeric, cardamom, cinnamon, cumin, coriander, ground ginger, salt and pepper, cook for 1 minute.
2. Add chicken to the non-stick pan and stir to coat with onion mixture. Place chicken mixture and stock into the removable crockery bowl.
3. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours. Remove bay leaf before serving.
4. Serve hot, sprinkled with coriander if desired and accompanied with steamed rice and Cucumber Raita.

Chicken with mushrooms

Serves 4-6

1 tablespoon oil
1.5kg chicken thigh fillets, halved
250g button mushrooms, sliced
1 small leek, trimmed and sliced
½ cup / 125ml white wine
1 cup / 250ml chicken stock
1 teaspoon cracked black pepper
¼ teaspoon salt
1 tablespoon fresh lemon thyme, chopped
1 tablespoon plain flour
½ cup / 125ml cream
½ cup / 125ml sour cream

1. Heat oil in a non-stick pan. Add chicken in batches and cook over a medium heat until lightly browned. Place chicken into the removable crockery bowl.
2. Top chicken with mushrooms, leeks, wine, stock, pepper, salt and lemon thyme. Cover with lid and cook on Low setting for 6-8 hours or High setting for 3-4 hours.
3. Blend flour, cream and sour cream together and stir into chicken mixture 30 minutes before serving. Replace lid and continue cooking.
4. Serve with steamed baby new potatoes and asparagus spears, if desired.

Gingered lamb curry

Serves 4-6

1 tablespoon oil
1.5kg lean lamb, cubed
2 medium onions, peeled and chopped
200g baby eggplant, trimmed and finely chopped
2 garlic cloves, peeled and crushed
1½ tablespoons grated fresh ginger
1 small red chilli, finely chopped
1 teaspoon cracked black pepper
¼ teaspoon salt
1 teaspoon ground turmeric
2 teaspoons green curry paste
¾ cup / 180ml beef stock
1 cup / 110g coconut milk powder
1 cup / 250ml boiling water

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towels.
2. Add onion to the non-stick pan, cook over a medium heat until onion is golden brown. Stir in eggplant, garlic, ginger, chilli, pepper, salt, turmeric and curry paste. Cook for 1 minute. Blend in stock.
3. Place meat and eggplant mixture into the removable crockery bowl. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours.
4. Blend coconut milk powder and water stir into meat mixture 1 hour before end of cooking. Replace lid and continue cooking.

Serve hot accompanied with steamed Jasmine rice and chickpea salad.

Beef rendang

Serves 4-6

1 tablespoon oil
1.5kg lean gravy beef, cubed
1 medium onion, peeled and chopped
1 tablespoon ground cumin
1 teaspoon ground cinnamon
1 large strip of lemon rind
⅓ cup curry paste
1 cup / 250ml beef stock
1 cup / 250ml coconut milk
2 tablespoons lemon juice
3 teaspoons tamarind pulp
1½ tablespoons brown sugar

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towels.
2. Add onion to the non-stick pan, cook until lightly browned. Stir in cumin, cinnamon, lemon rind and curry paste, cook for 1 minute. Pour in stock, stir and cook until just heated through.
3. Place meat and onion mixture into the removable crockery bowl. Cover with lid and cook on Low setting for 8-9 hours or High setting for 4-5 hours.
4. Combine coconut milk, lemon juice, tamarind pulp and sugar, and stir into meat mixture 1 hour before end of cooking. Replace lid and continue cooking.
5. Serve hot accompanied with steamed rice and pre-packaged naan bread.

Lamb shanks in a tomato pesto sauce

Serves 4

- 1 tablespoon olive oil
- 4 large French cut lamb shanks, trimmed of fat
- 1 medium Spanish onion, peeled and sliced
- 200g button mushrooms, sliced
- 3 garlic cloves, peeled and crushed
- 400g canned tomatoes, chopped
- 2 tablespoons tomato paste
- 2 tablespoons sun-dried tomato pesto
- 1/2 cup / 125ml red wine
- 3 tablespoons sweet sherry or madeira
- 2 beef stock cubes, crumbled
- 2 teaspoons fresh rosemary, chopped

1. Heat oil in a non-stick pan. Add 2 to 3 shanks at a time, cook over medium heat until well browned. Drain on paper towels.
2. Add onion to the pan, cook until onion is soft. Stir in mushrooms and garlic, cook for 2-3 minutes. Add tomatoes, tomato paste, pesto, wine, sherry, stock cubes and rosemary, stir and cook for 1-2 minutes.
3. Place shanks and tomato mixture into the removable crockery bowl, Cover with lid and cook on Low setting for 6-8 hours or High setting for 4-6 hours.

Serve hot accompanied with mashed potato, char-grilled eggplant and zucchini.

Sweet orange pork

Serves 4-6

- 1 1/2 tablespoons oil
- 1 medium Spanish onion, peeled and sliced
- 1.5kg lean pork steaks, halved
- 1 1/2 tablespoons plain flour
- 400g kumera, peeled and cubed
- 1 1/2 tablespoons / 30g butter
- 1 teaspoon ground cumin
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 1/2 teaspoon fennel seeds
- 1/4 cup brown sugar
- 1 1/2 tablespoons lemon juice
- 3 tablespoons sweet sherry
- 1 cup / 250ml orange juice
- 1 cup / 250ml chicken stock
- 2 teaspoons grated orange rind

1. Heat half the oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Remove onion from pan and set aside.
2. Coat the meat with flour, remove any excess. Heat remaining oil in the non-stick pan, cook meat in batches over a medium heat until lightly browned.
3. Place onion, meat and kumera into the removable crockery bowl.
4. Melt butter in non-stick pan, stir in cumin, cardamom, cinnamon, fennel seeds, brown sugar, lemon juice, sherry, orange juice, stock and rind, cook over medium heat until heated though.
5. Pour spice mixture over the meat and vegetables in the removable crockery bowl. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4 hours.
6. Serve hot accompanied with buttered noodles and salad greens.

Corned silverside with plum balsamic glaze

Serves 4-6

- 1.5kg lean corned silverside
- 2 tablespoons brown sugar
- 1 tablespoon Balsamic vinegar
- 2 fresh mint sprigs
- 1 onion, peeled and studded with 4 cloves
- 1 carrot, peeled and roughly cut into chunks
- 2 cups / 500ml water
- 6 peppercorns

Plum glaze

- 1/2 cup / 125ml beef stock
- 2 tablespoons plum jam
- 1 tablespoon Balsamic vinegar
- 2 teaspoons sugar

1. Place meat, sugar, vinegar, mint, onion, carrot, water and peppercorns into the removable crockery bowl. Cover with lid and cook on Low setting for 10-12 hours or High setting for 6-7 hours.
2. To make Plum Glaze, place stock, jam, vinegar and sugar into a non-stick pan. Cook over a medium heat until mixture has reduced to a syrup consistency.
3. Remove meat, cover with foil and allow to stand for 10 minutes before slicing. Discard water and vegetables
4. Serve hot with Plum Glaze and accompanied with boiled potatoes, stir-fried carrots, parsnips and snow peas.

Tagine of beef

Serves 4-6

- 1 tablespoon olive oil
- 1.5 kg lean gravy beef, cubed
- 2 medium onions, peeled and sliced
- 3 garlic cloves, peeled and crushed
- 2 tablespoons Moroccan seasoning
- 2 teaspoons ground cinnamon
- 1 cup / 250ml beef stock
- 1 strip lemon rind
- 1 cup / 250ml tomato puree
- 3/4 cup / 130g dates, seeded and halved
- 2 tablespoons honey
- 1/2 cup fresh parsley, chopped
- 3 tablespoons flaked almonds, toasted

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towels.
2. Add onion to the non-stick pan, cook over a medium heat until golden brown. Stir in garlic, Moroccan seasoning, cinnamon, stock, lemon rind and tomato puree.
3. Place meat and onion mixture into the removable crockery bowl. Cover with lid and cook on Low setting for 8-9 hours or High setting for 4-5 hours.
4. Stir in dates and honey 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon tagine into bowls, top with parsley and almonds.
6. Serve hot accompanied with steamed cous cous, baby carrots, cauliflower florets and green beans.

Easy Osso Bucco

Serves 4

8 lean veal shanks, 4cm thick
2 tablespoons plain flour
2 tablespoons olive oil
2 cups / 530g Italian style tomato cooking sauce
 $\frac{3}{4}$ cup / 180ml white wine
 $1\frac{1}{2}$ teaspoons caster sugar
 $1\frac{1}{2}$ teaspoons cracked black pepper
 $\frac{1}{2}$ teaspoon salt
3 tablespoons fresh basil leaves, chopped

1. Coat the veal shanks with flour, remove any excess. Heat oil in a non-stick pan over a medium heat. Add 2 to 3 shanks at a time and cook until lightly browned. Place browned shanks into the removable crockery bowl. Repeat with remaining shanks.
2. Combine tomato sauce, wine, sugar, pepper, salt and basil. Pour mixture over meat in removable crockery bowl. Cover and cook on Low setting for 6-8 hours or High setting for 3-4 hours.
3. Combine pesto and lemon rind. Sprinkle pesto mixture over osso bucco just before serving.
4. Serve hot accompanied with prepackaged gnocchi and steamed mixed green vegetables.

Moroccan veal

Serves 4-6

1 tablespoon oil
1.5kg lean veal fillet, cubed
1 medium onion, peeled and sliced
2 garlic cloves, peeled and crushed
2 teaspoons ground ginger
1 teaspoon ground turmeric
2 teaspoons sweet paprika
 $\frac{1}{4}$ teaspoon cayenne pepper
 $1\frac{1}{2}$ teaspoon ground cumin
1 teaspoon ground coriander seeds
3 teaspoons ground cinnamon
2 cups / 500ml beef stock
150g pitted prunes
2 tablespoons honey
3 teaspoons grated orange rind
2 tablespoons fresh mint, chopped

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Add onion to the non-stick pan, cook until golden brown. Stir in garlic, ginger, turmeric, paprika, pepper, cumin, coriander and cinnamon, cook for 1 minute. Blend in stock.
3. Place meat and onion mixture into the removable crockery bowl. Cover with lid and cook on Low setting for 6-7 hours or High setting for 4 hours.
4. Stir in prunes, honey and orange rind 1 hour before end of cooking. Replace lid and continue cooking.
5. Spoon into serving bowls, top with mint. Serve hot accompanied with steamed cous cous.

Chilli con carne

Serves 4-6

1 tablespoon oil
1.5kg lean chuck steak, cut into 1.5cm cubes
 $1\frac{1}{2}$ tablespoons pre-packaged chilli con carne seasoning mix
2 teaspoons minced garlic
 $1\frac{1}{2}$ cups / 375ml beef stock
2 tablespoons tomato paste
 $\frac{3}{4}$ cup / 180ml red wine
400g canned Mexican chilli beans
Sour cream, to serve

1. Heat oil in a non-stick pan. Add meat in batches and cook over a medium heat until well browned. Drain on paper towel.
2. Place meat, chilli seasoning mix, garlic, stock, tomato paste, wine and undrained beans into the removable crockery bowl. Cover with lid and cook on Low setting for 6-7 hours or High setting for 4 hours.
3. Spoon Chilli Con Carne into serving bowls, top with sour cream if desired.
4. Serve hot accompanied with potato wedges and avocado salad.

Lamb shanks with red lentils

Serves 4

$\frac{1}{2}$ cup / 100g red lentils
1 cup / 250ml beef stock
1 tablespoon oil
4 large French cut lamb shanks, trimmed of fat
1 medium onion, peeled and sliced
2 garlic cloves, peeled and crushed
3 teaspoons Vindaloo curry paste
 $1\frac{2}{3}$ cups / 410ml tomato puree
1 tablespoon lemon juice

1. Place lentils and stock into the removable crockery bowl. Cover with lid and cook on High setting 1- $1\frac{1}{2}$ hours or until tender.
2. Heat oil in a non-stick pan. Add the shanks two at a time and cook over medium heat until well browned. Drain on paper towel.
3. Add onion to the non-stick pan, cook until golden brown. Stir in garlic and curry paste, cook for 1 minute. Gradually stir tomato puree into onion mixture, cook until just warmed.
4. Place lamb shanks and tomato mixture into the removable crockery bowl with lentils. Cover with lid and cook on Low setting for 6-8 hours or High setting for 4-6 hours.
5. Stir in lemon juice, just before serving.
6. Serve hot accompanied with pita bread, mango chutney and tomato and onion salad.

Curried pumpkin with spinach

Serves 4-6

1 tablespoon oil
1 medium onion, peeled and sliced
2 garlic cloves, peeled and crushed
1½ teaspoons grated fresh ginger
2 small green chillies, finely sliced
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon brown mustard seeds
1 teaspoon ground turmeric
1 cup / 110g coconut milk powder
1 cup / 250ml boiling water
1kg pumpkin, peeled and chopped
6 English spinach leaves, shredded
6 curry leaves, torn
2 fresh Kaffir lime leaves, finely shredded
Flaked almonds, toasted to serve

1. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Stir in garlic, ginger, chillies, coriander, cumin, mustard seeds and turmeric. Cook for 1 minute.
2. Pour blended coconut milk powder and water into the non-stick pan. Stir over a medium heat until all ingredients are well blended.
3. Place pumpkin into the removable crockery bowl. Add the coconut milk mixture. Cover with lid and cook on Low setting for 5-6 hours or High setting for 2-3 hours.
4. Add spinach, curry leaves and Kaffir leaves ½ hour before end of cooking. Replace lid and continue cooking until spinach leaf is soft. Serve hot topped with flaked almonds.
5. Serve hot accompanied with Lebanese bread and salad of your choice.

Chilli bean and vegetable combo

Serves 4-6

2 tablespoons olive oil
300g baby eggplant, thickly sliced
1 large onion, peeled and chopped
3 garlic cloves, peeled and crushed
1 medium red capsicum, trimmed and chopped
400g canned tomatoes, chopped
¼ teaspoon cayenne pepper
1 small red chilli, finely sliced
200g zucchini, trimmed and sliced
130g kumera, peeled and cubed
300g canned chick peas, drained and rinsed
300g canned red kidney beans, drained and rinsed
2 tablespoons fresh parsley, chopped

1. Heat half the oil in a non-stick pan. Add eggplant in batches and cook over medium heat until golden brown. Remove from pan and place in the removable crockery bowl.
2. Heat remaining oil, add onion, garlic and capsicum in non-stick pan and cook until onion softens. Add tomatoes, cayenne pepper and chilli. Cook for 1 minute.
3. Place tomato mixture, zucchini, kumera, chick peas, kidney beans and parsley into the removable crockery bowl. Cover with lid and cook on Low setting for 5-6 hours or High setting for 2-3 hours.
4. Serve hot with crusty bread rolls.

Chick pea curry

Serves 4-6

1 cup/ 200g dried chick peas
2 cups/ 500ml vegetable stock
1 tablespoon vegetable oil
1 medium onion, peeled and finely chopped
1 teaspoon grated fresh ginger,
2 garlic cloves, peeled and crushed
1½ teaspoons garam masala
1½ teaspoons ground cumin
1½ teaspoons ground coriander
1½ teaspoons sweet paprika
¼ teaspoon chilli powder
½ teaspoon ground turmeric
1 teaspoon yellow mustard seeds
1 teaspoon salt
1 cup / 250ml tomato puree
¼ cup coconut cream

1. Place chick peas with the stock into the removable crockery bowl. Cover with lid and cook on High setting for 2 hours or until just tender.
2. Heat oil in a non-stick pan. Add onion and cook over medium heat until golden brown. Add ginger, garlic, garam masala, cumin, coriander, paprika, chilli powder, turmeric, mustard seeds and salt. cook for 1 minute. Stir tomato puree and coconut cream into onion mixture. Cool until just warmed.
3. Place combined mixture over the chick peas in the removable crockery bowl. Cover with lid and cook on Low setting for 6-7 hours or High setting for 2-3 hours.
4. Serve hot accompanied with stir-fried mixed vegetables.

Spicy mixed dhal

Serves 4-6

½ cup/ 100g yellow split peas
½ cup/ 100g red lentils
½ cup/ 100g brown lentils
2 cups / 500ml vegetable stock
1 tablespoon oil
3 teaspoons black mustard seeds
1 teaspoon brown mustard seeds
1 large onion, peeled and sliced
4 garlic cloves, peeled and crushed
1 tablespoon grated fresh ginger
1 teaspoon ground cumin
3 teaspoons ground coriander seeds
1 teaspoon ground turmeric
2 small red chillies, chopped
400g canned tomatoes, chopped
1 cup / 250ml tomato puree
1 teaspoon cracked black pepper
⅓ cup / 80ml cream
2 tablespoons finely chopped fresh coriander

1. Place yellow split peas, red and brown lentils and stock into the removable crockery bowl. Cover with lid and cook on High setting 1-1½ hours or until just tender.
2. Heat oil in a deep pan. Add black and brown mustard seeds and cook over a low heat until they start to pop. Add onion, garlic and ginger, cook over a medium heat until onion is light golden brown.
3. Stir in cumin, coriander seeds, turmeric, and chillies. Cook for 1 minute. Add tomatoes, tomato puree and pepper, stir and cook until just warmed.
4. Pour tomato mixture over lentils in the removable crockery bowl. Cover with lid and cook on Low setting for 8-9 hours or High setting for 4-5 hours.
5. Stir in cream ½ hour before end of cooking. Replace lid and continue cooking.
6. Spoon into serving bowls, top with coriander.
7. Serve hot accompanied with steamed brown rice and Cucumber Raita.

Vegetable primavera

Serves 4-6

2 tablespoons olive oil
500g desiree potatoes, peeled and quartered
500g pumpkin, peeled and sliced
300g kumera, peeled and cut into 3cm lengths
1 large red capsicum, trimmed and quartered
3 large garlic cloves, unpeeled
1 teaspoon sea salt
1½ tablespoons extra olive oil,
3 teaspoons Balsamic vinegar
Grated Parmesan cheese, for serving

1. Place oil in a large freezer bag. Add potatoes, pumpkin, kumera and capsicum. Shake vegetables in bag until well coated with oil.
2. Place vegetables into the removable crockery bowl. Add garlic cloves and sprinkle with salt.
3. Cover with lid and cook on Low setting for 5-6 hours or High setting for 2-3 hours.
4. Remove garlic cloves and squeeze the pulpy flesh into a bowl. Mash with a fork and combine with extra oil and vinegar.
5. Arrange vegetables on a serving plate, drizzle with garlic mixture, and sprinkle with Parmesan cheese.
6. Serve hot with bread rolls.

Cucumber Raita

2 Lebanese cucumbers peeled and finely chopped
250ml plain yoghurt
1 teaspoon cumin
1 teaspoon grated fresh ginger
Salt and pepper if desired

1. Combine all ingredients.
Serve chilled

Lemon and lime delicious pudding

Serves 4

90g butter
¾ cup / 165g caster sugar
⅓ cup / 50g self-raising flour, sifted
3 teaspoons grated lemon rind
3 teaspoons grated lime rind
1½ tablespoons lemon juice
1½ tablespoons lime juice
2 x 60g eggs, separated
¾ cup / 180ml milk
Sifted icing sugar, for serving
Thickened cream, for serving

1. Cream butter and sugar in a mixing bowl until light and fluffy. Fold in flour, lemon rind, lime rind, lemon juice and lime juice.
2. Combine egg yolks and milk, whisk into butter mixture to form a smooth batter. Beat egg whites until stiff peaks form, fold into batter.
3. Pour batter into a lightly greased, heat proof pudding bowl. Ensure the pudding bowl is a suitable size and type to fit into the removable crockery bowl. Cover the pudding bowl with aluminium foil and secure with kitchen string.
4. Place 1-2 cups of water into the removable crockery bowl. Add prepared pudding bowl. Cover with lid and cook on Low setting for 5-6 hours. Check water level throughout the steaming process.
5. Spoon pudding onto serving plates, dust with icing sugar and top with a swirl of cream.
6. Pudding can be served hot or cold.

A 1.5 litre heatproof pudding bowl suitable to fit the shape of the removable crockery bowl is required for this recipe.

Note
